



# TREATMENT & ACTIVITY LIST

**Yon-Ka** skincare products are based on pure essential oils – lavender, cypress, rosemary, thyme and geranium.

## YONKA TREATMENTS

### FACIALS

#### Escale Beauty

30mins € 45

*Scents of citrus fruits and essential oils re-energize and stimulate while botanical extracts reveal a soft and soothed complexion*

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#### Éclat Contour

35mins € 45

*The ultimate treatment to preserve the beauty of the eyes and accentuate facial contours. Fine lines and wrinkles are smoothed away whilst targeted massage eases sinus pain and helps combat dark circles and a puffy complexion.*

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#### Le Grande Classique

60mins € 80

*A deep pore cleansing, restoring and relaxing facial. Natural aromas combine to leave the skin clean and complexion radiant.*

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#### Plaisir D' Aromes

60mins € 80

*A relaxing and aromatic facial that will leave your skin glowing with health. The combined scents of rosemary and grapefruit will energise your mind and awaken your senses imparting a wonderful feeling of well-being.*

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#### Optimizer

60mins € 90

*A stimulating and double-lift effect treatment designed to firm the facial contours, smooth wrinkles and encourage a younger-looking, flawless complexion.*

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#### Vital- Intense

60mins € 90

*A deeply regenerating facial that works on eye contours, face and neck area. Perfect as a preventative anti-ageing treatment or on more mature skin to infuse vital energy, tone and lift*

## Hydralessence

60mins € 90

*A long lasting, deeply hydrating facial that smooths and softens the skin. Its exclusive formula infuses moisture into dry and dehydrated skin allowing its true radiance to shine through. A relaxing and hydrating hand care massage completes the pampering experience*

## BODY

### Gommage Marin

25mins € 40

*This energizing Guerande Sea Salt scrub, enriched with aromatic essential oils, is designed to leave your body toned, relaxed and satin-smooth to the touch.*

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### Jambes Toniques

25mins € 35

*An anti fatigue leg treatment that stimulates surface circulation and leaves your legs feeling light and refreshed.*

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### Aroma Luxe massage

50mins € 60

#### Energising or Relaxing

*A personalised aromatic massage designed specifically for your needs. Lavender, basil and Verbena combine to stimulate and invigorate your senses leaving you as energised or relaxed as you need to be.*

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### Soins Velours Invigorating

45mins € 75

### Soins Velours Relaxing

60mins € 80

*A made-to-measure moisturising body polish. To invigorate and energise we use marine salts and aromatic oils and finish with a stimulating shower. For those who want a totally relaxing massage we choose an exfoliating soft gel with sensual fragrances that are calming and soothing.*

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### Phyto Marine

50mins € 80

*This detoxifying body wrap uses seaweed, clay and essential oils to remineralise and firm the contours of the skin, as well as targeting stubborn areas of cellulite.*

### Phyto Fermete

50mins € 80

*Lifting and firming body treatment. Includes massage movements to firm and tone body contours.*

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### Hydralessence corps

90mins € 100

*A long lasting deeply hydrating body exfoliation that is aromatic and regenerating leaving your skin velvety smooth and beautifully moisturized.*

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### Secret de Beaute

120mins € 130

*This full head-to-toe reviver combines a full body exfoliation with a hydralessence facial and nourishing foot mask. Pampering at its most luxurious.*

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## YONKA FOR MEN

### Skin fitness

60mins € 85

*A radiance revealing treatment that is personalized deep cleansing and relaxing.*

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### Power Moist

50mins € 80

*A hydrating facial which will leave your skin feeling smooth and energized.*

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### L'Anti Age

60mins € 85

*An anti wrinkle firming and energizing treatment with deep cleansing and micro exfoliation.*

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## HOLISTIC THERAPIES

### Massage

Swedish B.N.S	25mins	€40
Swedish Full body	50mins	€70
Sports B.N.S	25mins	€40
Sports Therapy Massage	50mins	€70

## Reflexology

50mins € 75

A pressure point massage on the bottom of the feet. - subject to availability

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## Foot Massage

20mins € 35

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## Hand and Arm Massage

20mins € 30

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## Indian Head Massage

45mins € 70

The Indian head massage releases stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders. Subject to availability

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## Scalp Massage

25mins € 35

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## Hydrotherapy Baths

25mins € 35

Emerge yourself in a Hydrotherapy baths, the jets massage and release tension built up in the body. Drift away in a whirl of relaxation.

### Choose from one of the following crystals:

- Eucalyptus:** Good for clearing the sinuses
  - Jasmine:** Invigorates the body and mind
  - Lavender:** Ideal for relaxing
  - Orange:** Good for balance and harmony
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## Dry Floatation

25mins € 25

Cocoon in a warm water filled duvet – deeply relaxing.

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## Tri Dosha Mukhabhyanga

45mins € 70

An anti ageing massage of the facial pressure points. Subject to availability.

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## Tri Dosha Shiodhara

75mins € 100

An incredibly relaxing head and facial massage, with complimentary foot massage. Subject to availability

### Hopi Ear Candling

50mins € 75

*This treatment is soothing and helpful for earaches, headaches, ear noise, stress and nervousness.*

*Subject to availability*

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### Serail Mud Chamber

45mins € 50

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## MAMA MIO TREATMENTS

*Skin care is designed especially for the pregnant lady. Loaded with essential oils such as jojoba, vitamin E, these products provide the necessary nutrition lost during pregnancy.*

**(Pre and Post-natal Treatments)**

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### Real Nurturing Experience

50mins € 80

*Inclusive of a scalp, face and lower leg massage.*

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### Rose Hydrating Cocoon

50mins € 80

*Gentle exfoliation, heavenly wrap and scalp massage with nurturing essential oils.*

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### Maternity Massage

50mins € 80

*A complete body massage using specific pre-natal techniques.*

*Helps you relax, reduces excess water retention and alleviates tired muscles.*

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### Lighten Up

45mins € 75

*Mineral salt rich foot soak to energise and reduce swelling and to stimulate circulation. This treatment includes a gentle hand, lower leg and foot massage. Finishes with a nail paint.*

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### Free Your Mind

45mins € 75

*A gentle face and head massage that will help release cranial and jaw tension followed by a deep neck and shoulder massage using nurturing creams and oils.*

## The Yummy tummy

45mins € 75

A concentrated serum and deep treatment masque is applied to the abdomen to soothe and moistures the skin. Enjoy a lower leg and foot massage whilst the serum and masque take affect.

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## Free Loader

45mins € 75

Back and upper body massage designed specifically to release tension and muscle fatigue. This treatment focuses on the specific muscles that support the pregnant tummy.

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## Essie Hand and Foot Care

Nail Paint

5mins € 5

Shape and Paint

25mins € 20

Manicure

50mins € 50

Pedicure

50mins € 60

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## Tinting and Waxing

Eyelash Tint

€15

Eyebrow Tint

€20

Eyebrow Wax

€5/€10

Underarm Wax

€10/€15

Bikini Wax

€10/€15

Half/ Full Leg Wax

€20/€30

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## Finishing Touches

Make Up Application

€30

Shampoo and Blow Dry

€20-€35

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## Tanning

Full Body Exfoliation and Tan

€60

Half Body Exfoliation and Tan

€30

Full Body Tan

€35

Half Body Tan

€25

## HEALTH AND FITNESS

### NCT

€40

*Includes glucose, cholesterol, haemoglobin and blood pressure tests*

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### Fitness Analysis

€60

*Test your heart rate, flexibility, strength and lung capacity. Height, weight measurements and a body composition analysis.*

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### Personal Training

€50

**Book three sessions and save €25!**

€125

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## RELAX FOR THE DAY....

*To make the most out of your visit, we advise you to bring a couple of swimsuits with you.*

*We will provide luxurious bathrobes, towels and slippers for your use in the spa.*

*Complimentary fruit, tea and coffee are readily available.*

## TO MAKE A BOOKING...

For residential, Day Spa Packages or just to book a treatment, simply call us on 0494377700 or email us at [info.farnham@radissonblu.com](mailto:info.farnham@radissonblu.com) and we are happy to discuss your requirements with you.

To avoid disappointment we advise to book your treatments two weeks prior to your stay or nominated date.

## PLEASE NOTE.....

There are some treatments that are not recommended during pregnancy or if taking medication. If you suffer from any medical contraindication, please inform us at the time of booking so that we can advise you on the best treatment.

## TERMS and CONDITIONS.....

Clients who wish to change their treatment date are required to provide a minimum of 24hours notice.

Clients who wish to cancel their treatment are required to provide a minimum of 24 hours notice or the full treatment cost will be charged.

Clients who wish to change their treatment booked are required to provide a minimum of 6 hours notice.

Treatment details and price are correct at the time of print. The management reserves the right to alter or amend any of the details and prices without prior notice.